

Multimedia Appendix 1: Study cohort self-reported demographics, conditions, patient activation, and Internet access.

|                     | Total, N=270 (%) |
|---------------------|------------------|
| Gender              |                  |
| Male                | 228 (84.8)       |
| Female              | 41 (15.2)        |
|                     |                  |
| Age                 |                  |
| 18-40               | 42 (15.6)        |
| 41-50               | 43 (16.0)        |
| 51-60               | 64 (23.8)        |
| 61-70               | 103 (38.3)       |
| 71+                 | 17 (6.3)         |
|                     |                  |
| Race/Ethnicity      |                  |
| White               | 223 (82.6)       |
| Black               | 11 (4.1)         |
| Hispanic            | 9 (3.3)          |
| Other/Unknown       | 27 (10.0)        |
|                     |                  |
| Education           |                  |
| High school or less | 46 (17.8)        |
| Some college        | 127 (49.2)       |

|                                 |            |
|---------------------------------|------------|
| College+                        | 85 (33.0)  |
|                                 |            |
| Marital Status                  |            |
| Single/Widowed                  | 54 (20.5)  |
| Married                         | 140 (53.2) |
| Divorced                        | 69 (26.2)  |
|                                 |            |
| Health Status                   |            |
| Excellent                       | 18 (6.8)   |
| Good                            | 117 (44.5) |
| Fair                            | 102 (38.8) |
| Poor                            | 26 (9.9)   |
|                                 |            |
| Self-Reported Condition         |            |
| Hypertension                    | 166 (64.3) |
| Long term disability            | 144 (60.0) |
| Diabetes                        | 66 (28.2)  |
| Heart Disease/Failure           | 53 (23.0)  |
| Asthma                          | 42 (19.0)  |
| Chronic Lung Disease            | 36 (15.9)  |
|                                 |            |
| Number of Medical Comorbidities |            |
| None                            | 40 (15)    |

|                          |            |
|--------------------------|------------|
| 1 or 2                   | 143 (53.8) |
| 3+                       | 83 (31.2)  |
| Smoking Status           |            |
| Never                    | 63 (23.7)  |
| Former                   | 128 (48.1) |
| Current                  | 75 (28.2)  |
| Patient Activation Level |            |
| Level 1                  | 41 (15.4)  |
| Level 2                  | 49 (18.4)  |
| Level 3                  | 74 (27.8)  |
| Level 4                  | 102 (38.4) |
|                          |            |
| Time to nearest VA       |            |
| 0-30 minutes             | 73 (27.4)  |
| 31-60 minutes            | 90 (33.8)  |
| 60+ minutes              | 103 (38.7) |
| Where Internet Accessed  |            |
| Home                     | 248 (92.5) |
| Friend/Relative's        | 70 (26.1)  |
| Work                     | 62 (23.1)  |
| School                   | 33 (12.3)  |
| Internet Speed (Home)    |            |
| Not Sure/None            | 17 (6.3)   |

|                             |            |
|-----------------------------|------------|
| Dial-up                     | 13 (4.9)   |
| High-speed                  | 238 (88.8) |
|                             |            |
| Self-Rated Internet Ability |            |
| Beginner                    | 27 (10.2)  |
| Intermediate                | 86 (32.3)  |
| Advanced                    | 153 (57.5) |